



## ★ OUR MISSION ★

The purpose of Hyde County Hotline, Inc. is to work to eliminate domestic abuse and sexual victimization in Hyde County, North Carolina through the collaborative efforts of a compassionate community. ★

We promote dignity, respect and safety at home resulting in safer communities. ★



# Hyde County Hotline



24 Hour Crisis Line

252-926-5481

*Happy holidays from our family to yours!*

Hyde County Hotline would like to thank each and every person that has supported our mission throughout 2012. Without the support of the community, various agencies, time from volunteers, donations of items to the thrift stores, time and monetary donations, we would not be able to assist the victims and survivors in Hyde County like we do.

Please continue to support our mission and share this newsletter with others. To be added to the newsletter mailing list, please email Eve at [echydehotline@gmail.com](mailto:echydehotline@gmail.com).

**Merry Christmas?**  
**Domestic Violence Affects Children & Young People**

- 30% of domestic violence occurs when a woman becomes pregnant
- Seeing a parent being assaulted has the same impact on a child as being hit
- 90% of domestic violence occurs while children are in the same or next room

**DOMESTIC VIOLENCE HOMICIDES IN NC**  
**from January 1 – October 30, 2012 - 53 Murders**  
[www.nccadv.org](http://www.nccadv.org)

### How you can help...

**\*\*Donate to our Thrift Store**  
– call us for pick-up of large items 252-926-5481  
(all donations are tax deductible)

**\*\*Ask us about presentations**

**\*\*Ask how we can help you**

**\*\* Tell others about us**

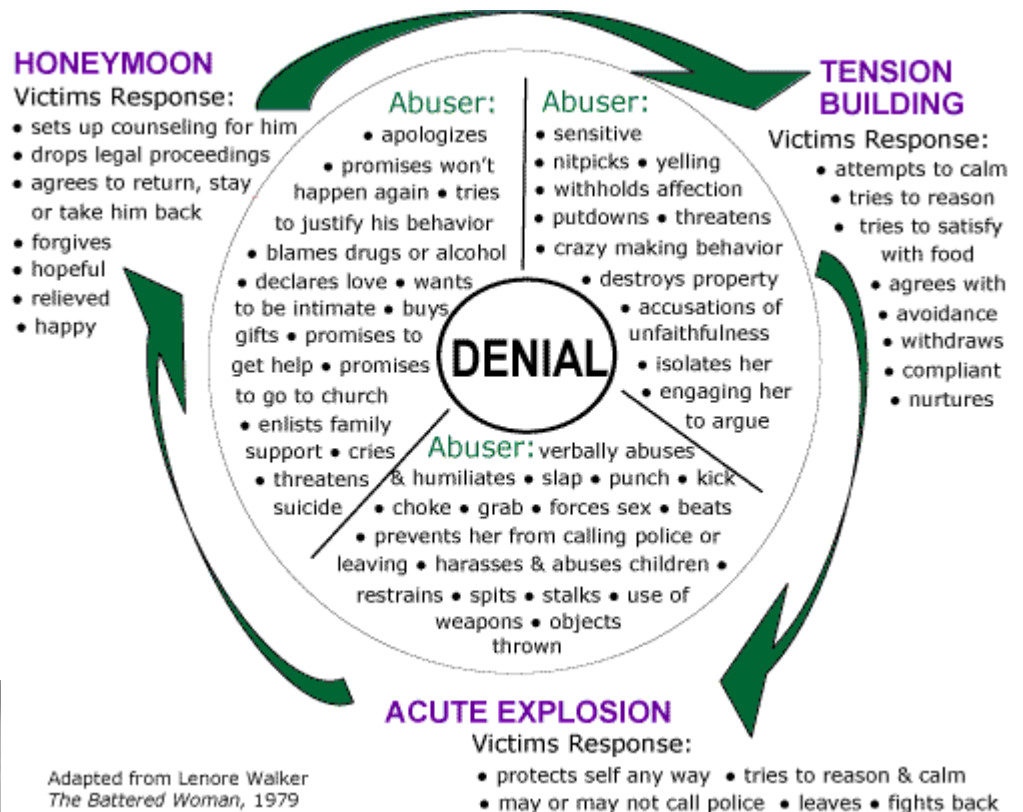
**\*\*Monetary donations are accepted:**  
PO Box 26  
Swan Quarter, NC 27885

*Domestic Violence is not a private issue.*

### Stop the Cycle of Violence!

All of you know how much needs to be done to take meaningful steps to end domestic violence and sexual assault. We need tough law enforcement, aggressive prosecutions, effective prevention programs and available shelters for families in distress. Most importantly, we need to insure that more people know and understand that domestic violence is not a private matter. It is a critical national problem that affects us all -- in every community, in every work place and in every school.

<http://www.dm.usda.gov/shmd/aware.htm?PHPSESSI..>



Adapted from Lenore Walker  
*The Battered Woman*, 1979



## HOW CAN I HELP A FRIEND OR FAMILY MEMBER WHO IS BEING ABUSED?

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**Don't be afraid to let him or her know that you are concerned for their safety.** Help your friend or family member recognize the abuse. Tell him or her you see what is going on and that you want to help. Help them recognize that what is happening is not “normal” and that they deserve a healthy, non-violent relationship.

**Acknowledge that he or she is in a very difficult and scary situation.** Let your friend or family member know that the abuse is not their fault. Reassure him or her that they are not alone and that there is help and support out there.

**Be supportive.** Listen to your friend or family member. Remember that it may be difficult for him or her to talk about the abuse. Let him or her know that you are available to help whenever they may need it. What they need most is someone who will believe and listen to them.

**Be non-judgmental.** Respect your friend or family member's decisions. There are many reasons why victims stay in abusive relationships. He or she may leave and return to the relationship many times. Do not criticize his or her decisions or try to guilt them. He or she will need your support even more during those times.

**Encourage him or her to participate in activities outside of the relationship with friends and family.**

**If he or she ends the relationship, continue to be supportive of them.** Even though the relationship was abusive, your friend or family member may still feel sad and lonely once it is over. He or she will need time to mourn the loss of the relationship and will especially need your support at that time.

**Help him or her to develop a safety plan.**

**Encourage him or her to talk to people who can provide help and guidance.** Find a local domestic violence agency that provides counseling or support groups. Offer to go with him or her to talk to family and friends. If he or she has to go to the police, court or a lawyer, offer to go along for moral support.

**Remember that you cannot “rescue” him or her.** Although it is difficult to see someone you care about get hurt, ultimately the person getting hurt has to be the one to decide that they want to do something about it. It's important for you to support him or her and help them find a way to safety and peace.

Text from: [www.thehotline.org](http://www.thehotline.org)

**Please call the 24-hour Hotline at 1-252-926-5481 to discuss your concerns and questions.**



## Hyde County Hotline

PO Box 26  
1271 Main St  
Swan Quarter, NC  
27885

### Phone:

(252) 926-5481

### E-Mail:

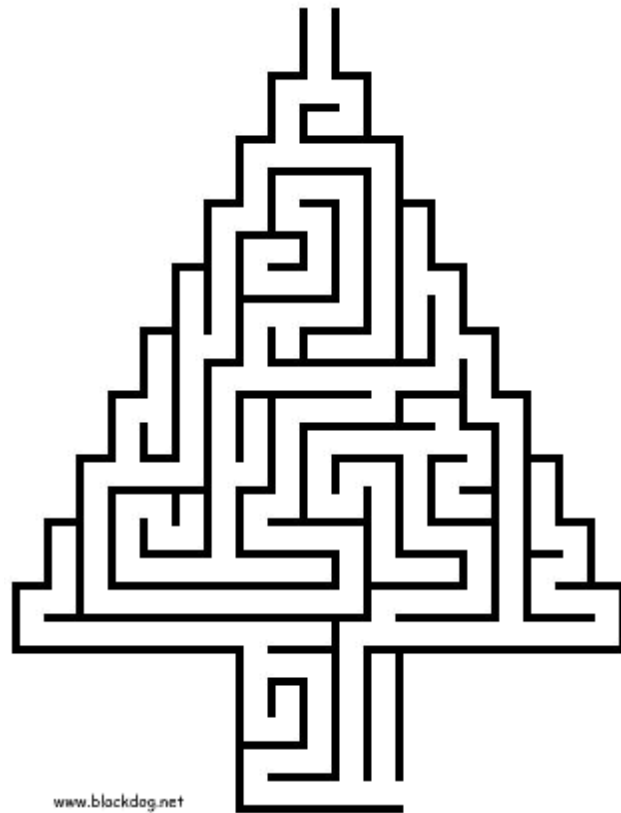
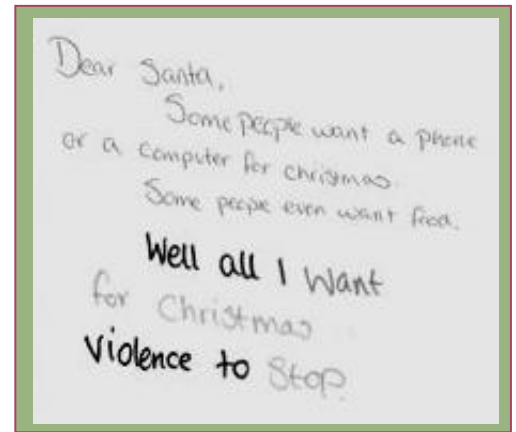
[echydehotline@gmail.com](mailto:echydehotline@gmail.com)

## We're on the Web!

### Visit us at:

[www.hydecountyhotline.org](http://www.hydecountyhotline.org)

or on Facebook!



[www.blockdog.net](http://www.blockdog.net)



Want to learn more about being a Hyde County Hotline Crisis Line Volunteer?

Let us know.

252-926-5481